



LIFESKILLS GAME

“Rock, Paper, Scissors, ANYTHING ”

This game is a fun way to help students resolve conflict.

What do we need?

- Nothing

How do we play?

1. Students will find a partner to begin this game.
2. Have students face-off against each other in a rock/paper/scissors tournament until there is a winner.
3. But this tournament has a twist. When they do rock, paper, or scissors they can also throw out anything they want (except for God).
4. Anything can literally mean anything: atomic bomb, rocket, water (you drown) . . . ANYTHING!
5. Students are forced to determine a winner based on how well they can argue for what they threw out. It gets messy because it’s all relative and makes it hard from them to determine a winner.
6. The count will go: ROCK . . . PAPER . . . SCISSORS . . . ANYTHING and on ANYTHING they show what they throw out.
7. Let them play a best out of three with their partner.
8. The winning partner will find a new partner in the room, and will again play for best out of three rounds.
9. They will R.P.S. ANYTHING and argue their way through rounds until you finally have one winner.
10. Let the others who are watching help decide the winners of each round.
11. **Remind students:** the goal is for students to RESOLVE their conflict, not stir it up! If they need help settling a round, then they should ask for help from a leader, accept the leader’s answer, and not get mad at one another.

ROOTS CLOSE

We talked about learning to forgive today. It’s definitely not an easy thing to do especially when someone wrongs us and we didn’t do anything to deserve it. But forgiving someone is just as good for us as it is for them.

When we don’t forgive people it causes us to store up anger and bitterness and causes us to keep focusing on the past. When we forgive, we release those negative feelings and it allows us to move forward in our lives.

The Bible is serious about learning to forgive others.
(Read Luke 17:3-4 NCV out loud)

The Bible is so serious about it that it doesn’t say only forgive someone once--but if they wrong you again you can stay mad at them. It says forgive them as many times as they need to be forgiven.

So let me ask you this question: is there anyone in your life that you need to forgive? Are you holding on to anger and bitterness?

If that is you, then I want to pray for you right now . . .

(Pray for the students that they will have the courage to go up to someone they need to forgive and work things out with them)

VIDEO: ROOTS SEGMENT 5

CHALLENGE/ANNOUNCEMENTS

Insert any announcements that pertain to your particular campus.

If you need to forgive someone, go work it out with them this week and make things right with them.

HANGOUT

WEEK 28

LEARN TO FORGIVE OTHERS

HANGOUT (15 minutes)

ROOTS VIDEO-Segment 1 (1:02)

WORSHIP (20 minutes)

ROOTS VIDEO-Segment 2 (1:01)

GAME TIME (15-20 min)

ROOTS VIDEO-Segment 3 (3:28)

TALK IT OVER (20 min)

ROOTS VIDEO-Segment 4 (5:06)

LIFESKILLS CLOSE (3 min)

LIFESKILLS GAME (15-20 min)

ROOTS CLOSE (3 min)

ROOTS VIDEO-Segment 5 (:36)

CHALLENGE/ANNOUNCEMENTS (2 min)

HANGOUT (15 min)



HANGOUT

VIDEO: ROOTS SEGMENT 1

WORSHIP

VIDEO: ROOTS SEGMENT 2

GAME TIME

“Bear the Weight & Mentos Spit”

Holding on to unforgiveness and conflict can get heavy. The longer we hold on to it, the more likely it will all come spewing out at some point in our lives. God commands us to forgive others when we have been in conflict with them.

What do we need?

- Weights or items of equal weight (10lbs per student participating)
- String (5 ft per experience)
- Mentos candies (2 per student participating)
- Diet Coke (1 can per student participating)
- Towel (1 per group)

How do we play?

1. One student from each Talk It Over group will come up to the front of the room to represent their group and will compete against the other small group reps.
2. They will have to accomplish a weight challenge.
3. Each student up front will be given 10 pounds (two five-pound weights) to hold. They will have to hold up the weights with arms out in front of them, palms down.
4. Have two students volunteer to hold a string (like a finish line) in front of them (about shoulder high). As soon as their arms lower to the point of touching the string they are out.
5. Last person still in wins.
6. Then bring up another round of students (one per small group) for the Mentos spit.
7. They put 2 Mentos candies in their mouth, and a mouthful of Diet Coke (DO NOT SWALLOW).
8. They will shake their heads around vigorously, trying to keep the fizz in their mouths. You can have them do this over a trashcan or towel.
9. When the fizz sprays out of their mouths they are out. The last student to hold it in wins!

VIDEO: ROOTS SEGMENT 3

TALK IT OVER

SMALL GROUP QUESTIONS

1. Tell about one of the biggest conflicts you've had with someone. How did it get resolved?
2. In your opinion, what's the best way to resolve conflict with someone else?
3. What does it mean to forgive someone?
4. Who have you had to forgive in your life? What happened? How did you forgive them?
5. How often do you pray? Do you feel like you pray enough or do you feel like you need to pray more? Why?
6. Open up your Bible or Bible App to **Luke 17:3-4 NCV** and read it together as a group.
7. According to this verse, how many times are you supposed to forgive someone? Are there ever any exceptions to forgiving? Is there ever a time when you shouldn't forgive someone?
8. Is there anyone in your life that you are holding unforgiveness against? Who? Why? How are you going to forgive them?

VIDEO: ROOTS SEGMENT 4

LIFESKILLS CLOSE

This is a great lifeskill because... I hate to break it to you... you will encounter conflict all throughout your entire life. So it's important to learn how to deal with it in an appropriate manner.

Don't try to avoid conflict. That will only make you bottle it up inside. The important thing is to talk it out with the person--kind of like we talked about last week--hear the other person out first and seek to understand where they're coming from. Then communicate how you're feeling about the situation. Don't get angry and start yelling or shouting because that won't get you anywhere. Talk it out.

Let's see how well you guys can do when you're placed within a conflict situation in this week's lifeskills game.

Next Up: LIFESKILLS GAME

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